

LOVE and MARRIED LIFE

by the noted author
Idah McGlone Gibson

Charles and I dine often. I do not know just when my illusions changed into dreams. In fact I do not think I did dream after I went to sleep. Only know that when Hannah called me saying that Charles had come to supper I was surprised for I seemed to have just stepped out of dreamland, and the vision of Karl writing was still very vivid.

When I looked in the mirror I found the traces of tears had all gone from my face. With a few little touches I knew I was looking as well as possible under the circumstances, and I went down to meet Charles.

"My, but you are looking well," he said when I entered the room. "I have known you to look like that before, but I knew that he had been thinking that I had not been looking well for some time past. But he had not mentioned it to me, and I had not noticed it myself."

Strange, isn't it, that those who love us most are the ones who feel at perfect liberty to tell us unpleasant truths while those who love us least are always polite in keeping the unpleasant things from us and in telling us only the nice things. If we were half as polite to those we love as we are to our acquaintances what a delightful world this would be.

Never Mentioned John

Charles never mentioned John during the entire evening. When I went downstairs Hannah told me that supper was on the table. She not only had strawberry short cake, but delicious asparagus cooked in John's hat that mother used to cook it.

And over the supper table we held a "reminiscence party" and talked of all the joyous times he and I had had together as children and what foolish childish things he had done and laughed at.

"Do you remember," he said, "the time when as a very young girl you insisted upon Fred Morton always bringing you home from our little dances, and how angry it made me?"

Fred used to be a very good boy. I used to lay in wait for him when he was coming back from taking you home, and then I would beat him up."

One-Period Cold-Pack Canning Is the Thing When Sugar Is Scarce and Time and Energy Are Precious, Says Uncle Sam

WASHINGTON, June 21.—Canning time is here again.

Strawberries are going, cherries are coming, and then straight through the summer there will be vegetables of all descriptions, fruits that will yield juices for jelly making, fruits to preserve—and finally the golden peaches of early fall ripening to be canned whole, in halves, or made into mellow peach butter for winter mornings.

True, sugar is scarce. But the method of canning endorsed by the United States department of agriculture points a way around this difficulty. By the One-Period Cold-Pack canning method fruits may be canned without sugar. Hot water instead of syrup is poured over the fruit in the can before sealing. Of course if a housewife has plenty of sugar and wants to use it, syrup is quite in order—but it is not necessary.

Absolute Accuracy.

The first requisite for success with cold-pack canning is absolute accuracy. Then, according to government teachers of this method, one must carefully unlearn all the lessons of the old-time, more complicated canning systems, such as the "open kettle" method, and start with an open mind to master the five simple steps of the cold-pack method.

There are several variations of the cold-pack equipment for canning, including hot water baths with home-made outfits, and steam pressure outfits.

The steam pressure outfits save time, but home-made equipment is quite as successful and calculated to appeal to a majority of housewives by reason of its economy.

Washbottle Is Favorite.

A homemade outfit may be made of such a receptacle as a washbottle, a large tin pail, a hard pail, milk can or a metal washbottle. Such a canner must have a well-fitting cover and a false bottom or lifting platform of wood or wire. This false bottom is necessary both to support the fruit jars and prevent them from coming in direct contact with heat, and also to permit a free circulation of water and steam around and under the jars.

In addition to the canner, a housewife should have at hand several bowls and sharp knives for paring the fruit, or preparing the vegetables; wooden spoons for packing food into jars; plenty of clean white cheesecloth and two large kettles for the blanching and cold-dipping process; a colander; a supply of new rubber rings for sealing the jars; jars sterilized and tempered by heating in water and allowed to cool in the same water; quart measure; funnel; a clock.

Five Cold-Pack Steps.

The successive steps in this method are scalding or blanching, cold-dipping, packing the food in jars, sterilizing and sealing the jars.

The blanching process is accomplished by putting the food, thoroughly cleaned, into a large piece of cheesecloth and lowering this into a kettle of boiling water, leaving it in for the number of minutes called for in the canning time schedule.

The blanching may be done by suspending the food in cheesecloth above the boiling water in steam. This process is of great importance, eliminating objectionable acids, starting the flow of coloring matter and reducing the bulk of the food.

Shock Kills Bacteria.

When food is blanched it must be cold-dipped immediately after. The shock from boiling to cold water kills certain destructive bacteria, "sets" the coloring matter, and hardens the pulp under the skin. The food in the cheesecloth should be lifted directly from the boiling water and plunged into a kettle of very cold water.

No delay between steps. The jars filled with food are placed on the false bottom of the wash bottle in boiling water which should reach at least several inches above the tops of the jars.

They must be left in the boiling water the exact period of time stated in the schedule for that particular food, and time should be counted from the second the water begins jumping over the entire surface. The cover should then be kept on tightly until time to remove the jars.

When the sterilizing is completed the jars should be removed at once sealed and tested for leaks by inverting or lying on their sides while cooling.

Experts in this process emphasize in addition to the necessity for accuracy the fact that there must be no delay between the five steps.

From government bulletins and from various books prepared by teachers of the cold-pack method, the housewife can find detailed recipes for each food she may wish to prepare in this way.

VEGETABLES	Minutes for Blanching	Minutes for Sterilizing
Beans, wax	5-10	120
Beets	5	90
Corn, Sweet	5	150
Asparagus	15	120
Peas	5-10	150
Spinach	15	120
Tomatoes	1-4	22
FRUITS		
Apples	1-2	20
Blackberries	1	16
Cherries	1	16
Peaches	1-2	16
Raspberries	1	16
Strawberries	1	16



should never be allowed to stay in the cold water, but removed immediately and drained, preparatory to packing.

A wooden spoon is best for packing the food into jars, since it does not injure the food as a sharp spoon might. When the jars are packed full and pressed down, to insure fullness, the jars should be filled with boiling water if the food is a vegetable, and with syrup if it is fruit.

The sealed rubbers and covers are then placed on the jars, but not sealed, lest the air expanding when sealed should blow the rubber out or break the jar.

Next comes the sterilizing. The jars filled with food are placed on the false bottom of the wash bottle in boiling water which should reach at least several inches above the tops of the jars.

as potterhouse or sirloin, but the amount of nourishment is as great and the cost is much less.

Some parts of the round are comparatively tender and may be broiled. If the steak is tough, pound flour into both sides, using the blunt edge of a knife. Cut in pieces for serving, brown quickly in a hot frying pan.

Pour over boiling water to cover and simmer slowly for three-quarters of an hour. The juices are preserved this way and the meat is made tender by long cooking.

Salt Pork.

Cut fat salt pork in slices about 1-1/2 inch thick. Trim off the rind. If the pork is very salty let stand in boiling water to cover for ten minutes. Dip each piece in flour. Cook slowly in the frying pan. When browned on one side turn to brown on the other. The slow cooking extracts most of the fat and the pork is dry and crisp with little fat to be found in any other meat.

Date and Nut Loaf Cake.

1 package dates
1 cup English walnut meats
1 cup flour
1-2 teaspoon salt
1-2 cup sugar
2 teaspoons baking powder
2 eggs
2 tablespoons water
1 teaspoon vanilla

Stone dates but do not cut into pieces. Leave nuts as whole as possible. Mix flour, salt and baking powder and sift over dates and nuts. Mix well. Beat eggs separately. Beat yolks till thick and lemon colored, with water. Add sugar and continue beating. Stir in first mixture and mix thoroughly. Beat whites of eggs till stiff and dry; fold into mixture. Turn into buttered and floured pan and bake an hour in a moderate oven.

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LITTLE BENNY'S Note Book

By LEE PAPE

The Park Ave. News

Weather People bragging about what colds they got.

Sports. The invisibles went out to the park for a practice game after school Friday, and those that didn't have car fare home wailed back and was late for supper and wasn't allowed to report for practice Saturday, instead of Skinny Martin, pitcher, Benny Potts, short stop, and Pudd Stinkins, catcher.

Interesting Facts. About Intrinsig Peep. Lew Davis once ate about 19 blades of grass to see if grass agrees with people like it does with horses, but he didn't eat a mouthful and he still feels about the same.

Pome by Skinny Martin

The Contented Statue
A statue stood in the park all night
Amidst the wind and the rain,
And was glad it was only a statue
So it didn't have to complain.

Sissies. Miss Loriot Mincer found a lot of things that looked like seeds last week and planted them in her back yard and now she looks anxious to see every day to see what will come up, if anything.

We breathe in gas with your air? If gas is leaking in your house and you don't know where, send for us. The Ed Wernick and Lew Davis Leak Smelling Co.

OIL STOCK SALESMAN HELD ON STATE CHARGE

NORTH PLATTE, Neb., June 21.—Ned Joyce of Los Angeles, Cal., was arrested here Saturday night on complaint of Harry Dixon, president of the North Platte chamber of commerce, who charges Joyce with selling stock of an oil refining company at Deloit, Texas, without securing a permit from the state bureau of securities. Secretary Moran, of the chamber of commerce, alleges that Joyce has sold here the \$100,000 worth of stock in this county \$30,000 of it being taken by D. B. McNeil, a wealthy ranchman. County Judge Woodhurst bound Joyce over to the grand jury. The amount of his bail will be fixed later.

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tiate directly with Japan relative to the restoration of Kiaochow to China and the settlement of incidental details, regardless of the fact that China had not signed the treaty of Versailles. The statement says Japan's "sincere desire to promote a fair and just solution of this question" stands unchanged.



Your thirsty throat
Says Lipton's

Give it a real treat with delicious iced tea and make it the best way possible. That means with Lipton's.

LIPTON'S ICED TEA

HEALTH

BY UNCLE SAM, M. D.

Health Questions Will Be Answered if Sent to Information Bureau, U. S. Public Health Service, Washington, D. C.

HOOKWORM DISEASE.

Hookworm disease has been prevalent in the southern states since the slaves were brought over from Africa. In many sections of the south hookworm infection is still quite prevalent.

Hookworm disease is contracted through the skin, and is usually due to walking barefooted in soil that has been polluted with human filth. The first symptoms of the disease are what is known as "ground itch." Later on the patient becomes very anemic and weak through the constant loss of blood, and appears to be lazy.

Sanitary privies and especially the lack of privies are the agencies through which hookworm disease is spread.

Hookworms are small worms that vary from one-eighth to one-half inch in length and are about the size of No. 8 sewing thread. These worms, after gaining access to the body through the skin, find their way to the intestines, where they attach themselves and draw about a drop of blood a day, in fact a small amount of poison, and lay eggs. The life of a hookworm varies from 8 to 15 years.

Hookworm disease can be prevented by the following means:

1. The use of shoes in rainy weather, thus preventing the damp soil from sticking to the feet of children who may be barefooted.

2. The construction and use of sanitary privies, thus preventing pollution of the soil with hookworm.

3. Treatment and cure of all suspected or known cases.

Hookworm disease is one of the easiest diseases known to cure.

Any physician can administer the proper medication.

The United States holds the leading positions in the automobile trade of Argentina.

RARE BIRDS

THE FAN WHO THROWS BACK THE BALL KNOCKED IN THE BLEACHERS

ARK PEEVO

Just say
Hires

if you want
the genuine

- in bottles
for the home

at soda fountains
and on draught

—By C. M. Payne.

Dorothy Dix Talks

TEN COMMANDMENTS FOR MOTHERS-IN-LAW

By DOROTHY DIX, the World's Highest Paid Woman Writer

(Copyright, 1920, by The Wheeler Syndicate, Inc.)

First: Thou shalt not dwell in the same house with thy daughter-in-law, for many miracles are possible, but not that a man's mother and his wife should live together in peace.

Second: Thou shalt vamp thy in-laws so that thou shalt find favor in their sight, and peradventure they shall come to even love thee.

Third: Thou shalt purger thy soul of jealousy far bitter than any other sin, for the green-eyed mother prepares for her ill.

Fourth: Thou shalt not tell thy son's wife nor thy daughter's husband of their faults for rather would they take a serpent to their bosoms than a mother-in-law who turns a search light upon their shortcomings.

Fifth: Thou shalt hold thy tongue from uttering advice to thy in-laws, though it choke thee, and instead preserve thy fingers from meddling in their pies.

Sixth: Thou shalt not spy upon thy daughter-in-law's ice chest, nor thy son-in-law's habits.

Seventh: Thou shalt remember that the jolly is milder than the hammer when dealing with thy in-laws.

Eighth: Thou shalt brace up thy son and daughter to do their duty in the holy estate, and be about to come into as matrimony because they have discovered that, verily, marriage is no picnic.

Ninth: Thou shalt smile upon the cymbals and sing songs of joy because thy children love their husbands and wives better than they do thee, for this proves that they have found peace and happiness in matrimony and that the divorce court is a far off.

Tenth: Thou shalt treat thy daughter-in-law, and thy son-in-law as thou wouldst have a good woman treat thy son and daughter when they become her in-laws.

Are these hard sayings, O woman, who is qualifying for the most difficult role on earth, they are, they are only good sense, and good feeling, but they contain the whole of the law and the prophet on how to get along with the stranger who is about to come into your family, and on whom so much of your future happiness must depend.

For in the conflict between mothers and in-laws, it is the mother who, in the end, loses out. She loses if her child sides against her, and is alienated from her. And she doubly loses out if she makes discord between husband and wife, and breaks up a home, and so wrecks her son's or daughter's life.

It is, therefore, of the utmost importance to every mother with married children to preserve what diplomats call the "entente cordiale" with her in-laws, and the only way this can possibly be done is by avoiding the disastrous experiment of ever trying to live together.

It is so much easier to admire people whose every weakness is not continually thrust upon our notice. There is so much less friction when our little ways and peculiarities do not come in hourly conflict with some one else's little ways and peculiarities. So many people are so delightful for an hour and such bores if we have a day of their society.

This applies to all humanity, but it goes double for in-laws whose liking depends upon how little they see of each other. Hence, wise is the mother who keeps her own home, or goes to live in a boarding house, or the Asylum for Lone Females when her children marry, rather than become that bone of contention, a mother-in-law on the hearth stone.

Another long step towards getting along with in-laws could be taken by mothers if from their mothers' heights it, for it is only after men and women take upon themselves the serious business of life that they realize what a mother's over, and sacrifice and unselfishness really means.

Indeed so far from marriage taking children's love from their mothers' heights it, for it is only after men and women take upon themselves the serious business of life that they realize what a mother's over, and sacrifice and unselfishness really means.

CITIZENSHIP FORUM

THINGS WOMEN WANT TO KNOW

Each day is given, with its correct answer, one question asked the students at the Chicago School of Political Education for Women.

46. What is tariff?

Tariff is a schedule of duties levied upon goods passing from one country to another. It may be levied upon foreign goods simply as a means of adding to the revenues of a government, in which case it is called a revenue tariff; it may be used as a means of retaliation for similar restrictions imposed by other foreign governments, in this case being called a retaliatory tariff; or it may be imposed as a means of fostering home industries by protecting them against foreign competition, in which it is known as protective tariff.

DISPUTE OVER WOMAN CULMINATES IN KILLING

ALBUQUERQUE, N. M., June 21.—James J. Beller, a farmer, was arrested for shooting and killing Omar Erwin, also a farmer, near Barton, a small mountain settlement, thirty miles from here. According to deputy sheriffs, Beller had trouble over the latter's wife, who is separated from her husband. Wolff claims he shot in self defense, according to the deputy sheriffs.

SAY POP!—Willie's Trying to Break a Light Record.

Now what?

YOU NEVER DID!

ANYHOW I NEARLY DID!

BETCHA I DID!

GIMME TWO MORE CHANCES AN' I'LL DO IT!

HE SEZ HE KIN TURN THE LIGHT OUT AN' GET OUT OF THE ROOM BEFORE IT GETS DARK!

FOR LITTLE FOLKS

POOR MR. TINGLING.

Nancy and Nick started to follow Tinsling upstairs, when he went to look for Chirk Chipmunk, to see what on earth he meant by slamming so many bureau drawers. But the little bureau drawers stopped them right at the bottom and wouldn't take another step.

So up the fairly landlord went alone. He was worried, because it was rent day, you know, and he was afraid

splintering sound, and Tinsling suddenly disappeared altogether. It was plain what had happened; the step was too old and wobbly to hold him, and had gone clear through to the cellar, taking the fairman's landlord with it.

"Oh, oh, oh," screamed the twins, rushing around, and not knowing what to do. "Won't somebody help!"

"Wait a minute," advised the Magical Mushroom, and sure enough, the

slamming above stopped, and Chirk stuck his head over the rail. "What's wrong?" he asked. "Did something drop?"

"Yes, yes," cried Nick. "Mr. Tinsling has fallen through the stairs. Do help us!"

"All right," answered Chirk cheerfully sliding down the banisters. "He's probably in the cellar. I haven't been able to use these stairs for a year or so."

So lighting a lantern the chipmunk and the children went down cellar to find poor Tim Tinsling.

Chirk couldn't find enough money to pay him.

Every step he took, the stairs creaked and groaned miserably, but Tinsling pretended not to notice this, and more than he had the sagging doors and the bad wall paper.

Up he went, up and up and up in the direction of the draw slamming, but every new step tilted him so, that finally he had to grab the banister to keep himself from falling.

He was almost to the top, about next to the last step, I think, when there was a crash, and a smash and a loud

the ice melts despite the theory and the water makes the paper soft and pulpy. The drain must be kept clean and open.

Menu for Tomorrow.
Breakfast—Stewed prunes, salt pork, creamed potatoes, bran muffins, coffee.
Luncheon—Creamed asparagus on toast, radishes, steak and nut loaf cake.
Dinner—Round steak, mashed potatoes, beet greens, banana and peanut salad, cherry steamed pudding, coffee. Round steak is never quite as tender

Many people think that they are saving ice by wrapping it in newspaper before putting it into the ice-box. As I see it this is a mistaken idea. If any ice saved it is at the cost of refrigeration and food runs a chance of spoiling.

An ice-box is chilled by the process of radiation and unless ice is melting there is little cold thrown off.

Wholly aside from the question of economy it does not pay to use newspaper in the refrigerator. A pulp is formed that clogs the drain because

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